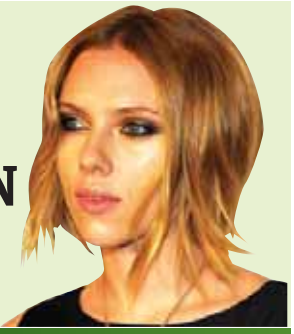
IT'S TIME TO DROP THOSE BAD HABITS
NEW YEAR, NEW YOU {pages 10-14}

EX TALK
SCARJO MIFFED AT SANDRA, RYAN RUMOURS {page 7}



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News worth sharing.

KRISTEN THOMPSON/METRO

▶ Christy Clark, in her Vancouver office yesterday, circles the day in February when she'd like to see a statutory holiday in British Columbia.

Clark calls for holiday in February

- Family Day recognized in Alberta, Saskatchewan and Ontario on third Monday in February
- Holiday known as Louis Riel Day in Manitoba and Islander Day in Prince Edward Island

KRISTEN THOMPSON
@METRONEWS.CA

British Columbians may get a long weekend off during the long stretch between New Year's and Easter if Christy Clark has her way.

The former broadcaster and current candidate for B.C.'s Liberal leadership is calling for B.C. to join three other provinces by recognizing Family Day in mid-February.

This winter, British Columbians will go 111 days without a civic holiday.

"This might ... help them through a lengthy stretch of the calendar and beat the winter blues," said Clark, who has made "families first" one of the central tenets of her campaign.

Clark acknowledged that businesses have "some legitimate concerns," but added the holiday works in other provinces.

Brian Bonney, director of provincial affairs with the Canadian Federation of Independent Business, said the holiday would have a huge impact on the economy.

"A lot of small businesses are still in the red. It's bad timing," said Bonney.

He added if the holiday is implemented, the government should help small businesses offset the costs of closing for a day.

Vanessa Elie, 24, from Vancouver, said she can see why business owners may not be happy with the plan.

"My boyfriend has his own business and doesn't care for stats," she said. "I wouldn't mind a holiday, though."

Gord Harris, 38, from Vancouver, said it would be nice to break up the long stretch in winter but isn't sure one day would make a big difference.

WITH FILES FROM KIMIYA SHOKOOHI

What do you think? Let us know at vancouverletters@metronews.ca or on Twitter @vancouvermetro

Superfood on the rise

Try out quinoa with an earthy casserole {page 15}

Accused shooter appears in court

U.S. congresswoman remains hospitalized {page 3}

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Allan Small questions why stock markets aren't keeping up with the good economic news. More at metronews.ca/investing

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Acclaimed Korean director of Oldboy films latest flick entirely on iPhone. Scan code for story.

5 MINUTES WITH: KEVIN FALCON

J.J. MCCULLOUGH

Making avid use of the Internet and social media, 47-year-old Kevin Falcon has sought to define himself as a "new generation" of Liberal leadership. First elected to the B.C. legislature in 2001, the former real estate investor and entrepreneur served as minister of deregulation, transportation, and health in the Campbell administration before making his bid for the premier's office.

On his ideology:
So often, in the media in particular, they try to simplistically label people because it's easier. You know, this person's right-wing or left-wing, or what have you. I think if people look at my record they'll find it's very difficult to do that.

On the NDP:
If you look at left-wing or labour governments around the world, most of them have adapted and recognized that the old sort of socialist principles and policies that they tended to historically adhere to are no longer relevant. Here in B.C., I sit there in the legislature and I listen to the NDP's speeches and frankly you could play the same speeches 15, 20 years ago and not much has changed.

On American critics of Canadian health care:
My counter-argument to them is that they may call it a socialist system, but I would say that we've got better health outcomes than they do in America, and that our system is less costly.

On critics of Asian immigration:
I'm part Irish, and if you look at the history of the Irish in North America exactly the same things were said. They tended to congregate together, they were heavily involved in politics, they were a threat to the status quo ... all of those same arguments were used, and probably have been used with every ethnic group that's come in historically.

On holding Senate elections:
I don't have any problems with that. I've been long an advocate of trying to create more democratic accountability in the Senate.

On his favourite American presidents:
Historically, John F. Kennedy has always been one. I have a picture of him hanging in my bathroom at home. Ronald Reagan is another leader that I admire greatly.

On the economic state of the province:
Look at the state that Canada is in, and B.C. is in, and compare that to U.S. states and countries around the world, like Ireland, Portugal, Greece, whatever. We look very good, and we should never forget that.

For the full interview, visit metronews.ca. Tomorrow, Metro speaks to candidate Moira Stillwell.

J.J. MCCULLOUGH IS A LOCAL CARTOONIST AND POLITICAL COMMENTATOR. VISIT FILIBUSTERCARTOONS.COM FOR MORE.

Off-duty cop was drunk: Testimony

Officer who assaulted newspaper deliveryman spat on VPD car Const. Griffin Gillan appeared so intoxicated that police officers were worried for his safety, hearing hears

The early hours of Jan. 21, 2009 weren't exactly West Vancouver Const. Griffin Gillan's shining moment.

The young officer, 24 at the time, had just been arrested for assaulting newspaper deliveryman Firoz Khan outside downtown Vancouver's Hyatt hotel after a night of drinking with two other off-duty cops.

Even while cuffed, his conduct was less than stellar, a senior Vancouver police officer testified at a public hearing into the incident yesterday.

"My impression was that he was extremely intoxicated, almost to the point of falling over," said Sgt. Mark Andrews, that night's patrol supervisor. "I thought he was going to fall and hurt himself. I would put him at the nine or 10 level (on a scale of 1-10)."

Gillan had apparently consumed more than 25 drinks that night.

The situation only got worse as Gillan grew frustrated while leaning against a squad car.

"I saw him spit on the hood of the car," recalled Andrews, who said anti-VPD remarks followed.

"I asked him to stop and he gave me a 'challenging you to a fight' kind of stare like he was a tough guy and he spat on the car again."

Gillan was convicted of assault in 2009.

The hearing continues.

MATT KIELTYKA

Surrey takes another look at its bylaws

Surrey is cleaning up its bylaws.

The city's new Red Tape Reduction Advisory Committee will begin reviewing, cutting and cleaning up regulations that may be outdated.

"We've got some bylaws back from 1855 to 1974 that are not relevant today," said Surrey Mayor Dianne Watts.

"It's eliminating those and cleaning up the paper work."

The house cleaning is a part of the second phase of the lower mainland city's Economic Investment Action Plan.

KIMIYA SHOKOOHI

Police investigating assault

Police are investigating an assault yesterday morning that left a victim in critical condition in hospital.

Witnesses found the man, 31, covered in blood and screaming near W. 4th Avenue and Blanca Street.

METRO

Officials working on UFC return

The Internet was abuzz yesterday that the Ultimate Fighting Championship's return to Vancouver was a done deal but there's more work ahead.

UFC Canada President Tom Wright was in meetings with city staff into the evening and couldn't confirm rumours that UFC 131 at Rogers Arena June 11 is a go.

"I can't announce or confirm anything," Wright said. "We're ahead of the curve but there is still a lot of work. We met with the folks at the city today. We'll be in a position to say something in a couple of months."

MATT KIELTYKA

Shooting suspect appears in court

ARIZONA DAILY STAR/THE ASSOCIATED PRESS

▶ Jared L. Loughner at the 2010 Tucson Festival of Books in Tucson, Ariz., March 2010.

Jared Loughner could face life in prison or death penalty, says judge

Jared Loughner, the 22-year-old loner accused of trying to assassinate U.S. congresswoman Gabrielle Giffords and killing six others, appeared in court yesterday with his head shaved, a cut above the right temple and his hands cuffed.

Loughner was represented by Judy Clarke, who defended "Unabomber" Ted Kaczynski and al-Qaida operative Zacarias Moussaoui.

As authorities filed the charges against Loughner, they alleged he scrawled on an envelope the words "my assassination" and "Giffords" some time before he took a cab to a shopping centre in Tucson where the congresswoman was meeting with constituents.

The hearing came a few hours after U.S. President Barack Obama led the nation in a moment of silence for the victims.

Giffords, 40, lay in intensive care at a Tucson hospital after being shot in the head at close range. Doctors said she had responded to commands to stick out her two fingers, giving them hope she may survive. THE ASSOCIATED PRESS

The suspect

A military official in Washington said the army rejected Jared Loughner in 2008 because he failed a drug test.

▶ **The official** spoke yesterday on condition of anonymity because privacy laws prevent the military from disclosing such information about an individual's application.

A hotter version of Earth?

A NASA telescope has found the smallest planet outside our solar system and it is rocky just like Earth.

But it is way too hot for any life. The reason it's so hot is that it is 20 times closer to its star than Mercury is to our sun.

The planet is called Kepler 10-b after the telescope that found it. NASA scientist Natalie Batalha said the planet is about 1.4 times the size of Earth.

THE ASSOCIATED PRESS

Clooney gets political

Actor George Clooney, who has been active in Sudanese issues for the last five years, is working to help the region avoid a backslide toward war.

"Our job is trying to keep this on the front burner of the news," Clooney said.

The Hollywood star has been a whirlwind in the scruffy, straw-hut capital of Southern Sudan as its weeklong independence referendum gets off the ground.

Clooney has also had two meetings with President Barack Obama on Sudan and has persuaded reporters from outlets like NBC, and Newsweek to focus on the country.

THE ASSOCIATED PRESS

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Record labels face the music

Canada's four major record labels have tentatively agreed to pay about $47.5 million to resolve a class-action lawsuit involving a number of groups representing the interests of songwriters and music publishers.

In 2008, the estate of American jazz great Chet Baker launched the suit claiming the labels had not paid the proper royalties for music on the industry's so-called pending list.

The hundreds of thousands of works on that list were released before royalties were arranged, with the expectation that the paperwork and payments would eventually follow.

At the time the statement of claim was filed, the plaintiffs alleged more than 300,000 titles were on the pending list with $50 million in unpaid royalties.

The allegations in the class-action suit were not tested in court and the settlement does not include any admissions of liability or wrongdoing.

The agreement was applauded by both sides and also includes an arrangement to expedite future payments of royalties.

The proposed settlement will go before the Superior Court of Justice on Feb. 15., at which time any objections to the deal will be raised. THE CANADIAN PRESS

Playboy. Deal

▶ Hugh Hefner and his new fiancée, former Playmate of the Month Crystal Harris.

THE ASSOCIATED PRESS FILE

Hefner takes Playboy private

The publisher of Playboy magazine said yesterday that it has agreed to a sweetened offer by founder Hugh Hefner to take the company private. The offer values Playboy at about $207 million US.

4 **The class-action suit was filed in 2008 against four major record labels: EMI Music Canada, Sony Music Entertainment Canada, Universal Music Canada and Warner Music Canada.**

Market moment

TSX	Dollar	Oil	Natural gas 1,000 cu ft
– 27.18 (13,245.12)	– 0.15¢ (100.68¢ US)	+ $1.22 US ($89.25 US)	$4.408 (– 1.4¢)
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SOURCE: CP, TSX

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SEEKING HOT SHOWER AND A GOOD SALAD

She says ...

JESSICA NAPIER

Being an immigrant in our wonderfully diverse nation is not exactly a novelty. You could ask 10 strangers on the subway about their heritage and nine would identify themselves as Canadian slash something or other.

However, unlike all of those "My great grandmother was from Manchester and even though I've never been there I totally identify myself as part English and that's why I pronounce it *leisure* not leeee-sure" individuals, I'm *actually* British. I was born and raised in England until the age of 12 when I moved to Canada for the superior orthodontic work.

As a Limey expat it's my duty to go back every couple of years to visit cousins and eat copious amounts of Cadbury chocolate. Last weekend I returned from a Christmas pilgrimage across the pond and even though I had a jolly good time I am very (VERY) glad to be back.

There is something to be said for the comforts of home, specifically the modern North American luxuries we take for granted like central heating, efficient snow removal services and artisan salads.

The British have never been known for their outstanding cuisine but thanks to globalization and Jamie Oliver the food situation in England has improved significantly over the past 10 years. However, meat pies and breaded stuff with chips still seem to be menu staples at most U.K. eateries. Ten days straight of greasy Full English breakfasts washed down with lager has left me feeling bloated and on the brink of contracting scurvy.

"Most of these medieval amenities have been designed with a four-foot-tall peasant in mind."

But I can live with the vitamin deficient dietary options — what I really have trouble with is the plumbing.

Many of the country's historic buildings date back to the 11th century and as such, bathrooms (ahem, I mean loos) across England are hundreds of years older than Canada.

Think about that for a minute.

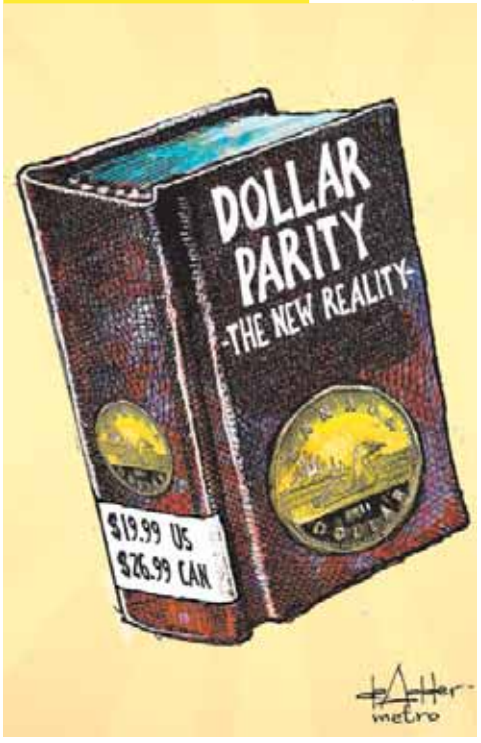
Most of these medieval amenities have been designed with a four-foot-tall peasant in mind. A standard issue sink comes up to your kneecaps, bathtubs only really fit one leg at a time and you are more likely to bump into a Spice Girl on the underground than find a shower with decent water pressure.

So, next time you're complaining about the wind chill factor just remember, it may be cold in the Great White North but you can always find a restaurant that serves broccoli and go home to a nice hot shower.

Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADDER



Don't worry, be happy

Worth mentioning

Spending cuts, rising unemployment, dour winter weather — it's not a good time to ask voters how happy they are.

But that's just what British Prime Minister David Cameron is doing as part of a pledge to improve Britons' lives beyond pure financial gain in the wake of the global recession.

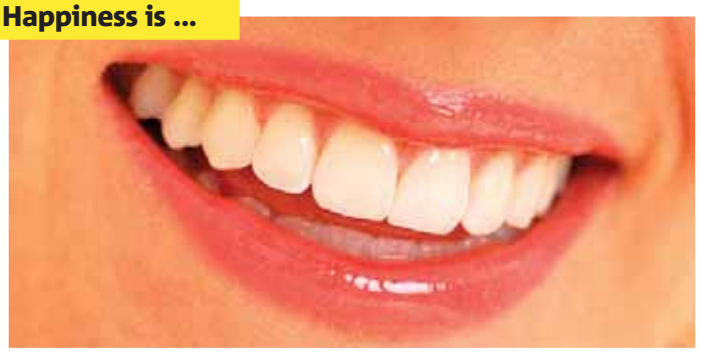
Government statisticians will this year begin measuring the country's well-being, and yesterday they released details from initial consultations on what the new index should measure — and how it should be measured.

Job security, relationships with families and good health topped the list of indicators that Britons believe are most important.

Apparently stung into action by a recent poll that ranked Britain 13th among 22 European countries in terms of life satisfaction, Cameron ordered his government to find ways to make everyone happier.

Cameron's happiness drive follows a similar move two years ago by French President Nicolas Sarkozy, while Canada has also developed a national well-being index, a concept pioneered by the small Himalayan kingdom of Bhutan in the early 1970s. THE ASSOCIATED PRESS

Happiness is ...



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Metro Minute at The Pavilion

If you don't have any plans tonight, why not check out the Pulitzer Prize-nominated play The Pavilion?

It was written by Craig Wright, best known as a writer on Six Feet Under and Lost. It's a blend of comedy and drama, directed by local actor Bob Frazer about a 20th high school reunion where Peter (Craig Erickson) and Kari (Dawn Petten) meet following their breakup 20 years earlier.

The Pavilion plays at Firehall Arts Centre (280 East Cordova St.) at 8 p.m. and runs until Jan. 23. Tickets are usually $25, but tonight's play is two for the price of one.

For more info, visit firehallartscentre.ca.

AYAKA KAWAI

EMILY COOPER/FACEBOOK

▶ Dawn Petten and Craig Erickson star in The Pavilion at the Firehall Arts Centre.

2 scene

TV star goes back to his musical roots

Known for his roles in The Wire and Fringe, Lance Reddick shows off his jazz skills Actor had originally wanted to be a rock star

Lance Reddick hopes his knack for picking hits in the television realm translates to his music career.

Reddick recently released his first album, Contemplations and Remembrances. The record has a jazzy flair that Reddick has worked on for more years than he cares to remember.

Although he's best known for his role as Lt. Cedric Daniels on the hit HBO series The Wire and currently stars on the Fox series Fringe as agent Phillip Broyles, Reddick, 41, is also a musician. He attended the prestigious Eastman School of Music, where he studied classical composition, and plays piano. Back when he was young, married and raising a child, Reddick found work as an actor, but never forgot his dream of becoming a recording artist. So with a little prodding, and a lot of time to contemplate, Reddick is proudly embarking on a recording career.

Which came first, music or acting? I'm assuming it was music.
Absolutely. Growing up I never imagined I would be an actor.

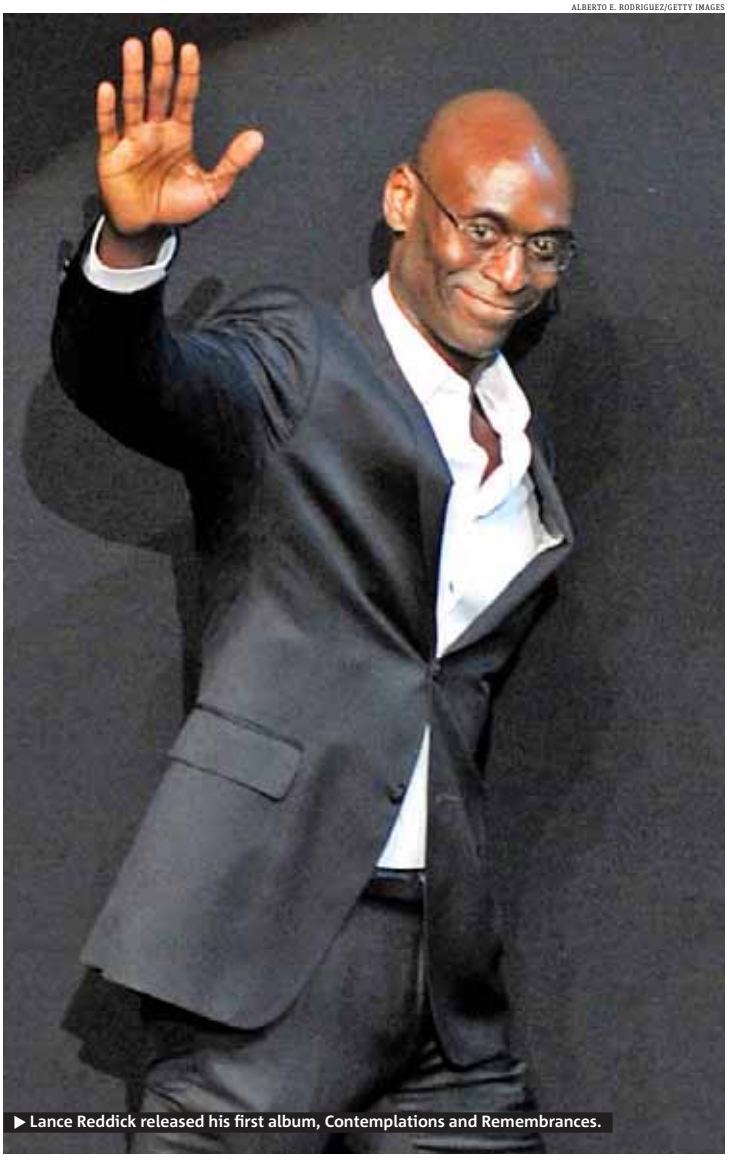
What gave you the courage to pursue a music career?
I grew up studying music. I went to conservatory. When I grew up I thought I was going to be a classical composer, and then I left music school because I was in denial because I wanted to be a rock star. I started acting after a few years of struggling.

What were the struggles?
I got married straight out of school. I started acting, almost on a whim to help my music career. There were songs I had written from while (I was) in my 20s. ... I would sing them around the house from time to time. My daughter said to me one day — this was about 10 years ago — "You should do something with that." I said, "Sweetheart, I think the time's passed. I think I'm too old." She said, "Daddy, that sounds like an excuse to me."

There seems to be a stigma when actors embark on a music career. How do you address that?
I'm aware of the stereotype. I was a musician first. It's tough. I'm not really into defending myself because for me with this particular project, the music speaks for itself. It's mostly jazz, it's so not a mainstream thing. For me if people like it, they like it. If they don't, they don't.

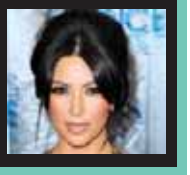
You said you wanted to be a rock star. What made you lean more toward jazz?
My style of writing never quite fit. It always seemed that what I wanted to do was a little more sophisticated than what was mainstream. THE ASSOCIATED PRESS

ALBERTO E. RODRIGUEZ/GETTY IMAGES



▶ Lance Reddick released his first album, Contemplations and Remembrances.

News in brief



The Kardashian sisters have been sued by a California company that created a prepaid debit card that endorsed the reality show starlets.

The Fresno Bee reports that Revenue Resource Group LLC filed suit in Fresno County Superior Court last week against Kim, Khloe and Kourtney Kardashian.

The sisters pulled out of the endorsement deal in November under criticism over the card's fees. The company's lawsuit claims they broke their contract and cost company at least $75 million in losses.

THE ASSOCIATED PRESS

Kirstine Stewart vows to connect with Canadians as head of CBC English Services

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Scarlett miffed at Ryan-Sandra talk

Source says actress upset that her ex-husband was spotted with a new woman so soon after breakup

GETTY IMAGES

▶ Scarlett Johansson

There's at least one person who reportedly isn't happy to hear rumors about Ryan Reynolds and Sandra Bullock getting cosy, and that's Reynolds' estranged wife, Scarlett Johansson.

"Less than a month after they split that fool has gone and got himself photographed with (Bullock) on New Year's Eve of all days. Of course she is devastated," a source explains to Popeater. "Even if they are not a couple yet, this is very awkward for Scarlett. She too thinks of Sandy as a friend and hates the thought that Sandy is on team Ryan after the breakup, that is if she isn't already his girlfriend."

Reynolds and Johansson were married on Sept. 27 2008 and announced their separation on Dec. 14, 2010. METRO

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TOP 10 of 2010

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YOU VOTED! THE TOP 10 MOVIES OF 2010 ARE:

1. Inception
2. Harry Potter & the Deathly Hollows
3. Toy Story 3
4. The Social Network
5. Let Me In
6. Scott Pilgrim vs The World
7. Clash of the Titans
8. Get Him to the Greek
9. Restrepo
10. The Other Guys

To see more Top 10's of 2010, visit **metronews.ca/top10**

SOURCE: Metro Life Panel Survey, January 2011, 216 respondents

metro life panel

3 life

Grapefruit

Wintertime comfort meals are often rich and heavy and therefore unkind to our digestive systems. Finding healthy, nourishing recipes that energize can help reduce the sluggish factor we are prone to in the winter months. The citric acid in grapefruit for instance, promotes an alkaline environment in the body, which is an ideal state for absorption of nutrients and minerals and fighting off fatigue or illness
NEWS CANADA

ScanLife
Certain tests can predict risk of dementia decade before onset: study

ISTOCK PHOTO

▶ By over sanitizing everything we're losing exposure to bacteria that helps our immune system.

When being clean becomes unhealthy

Rates of depression in younger people now outnumber rates in older people Find out why experts are linking over-sanitization with mood

CELIA MILNE
LIFE@METRONEWS.CA

It turns out those multiple organisms are good for us. Today's shiny, clean environment is being blamed for higher rates of depression in young people.

The more hygienic our environments, the more we are deprived of bacteria and other micro-organisms that live in our gut. Our immune systems used to rely on these harmless bugs to keep us healthy.

Experts call these healthy bacteria "old friends."

"Introducing 'old friends' might lower the depression rates we're seeing now, especially in young people," says Meher Shergill, a dietitian at the Centre for Mental Health and Addiction in Toronto.

There hasn't been a huge change in our genes over the last few generations to explain the higher rates of depression, so it must be our environment.

Depression rates are lower in people who live in the country — who are still exposed to soil, animals, feces — than in people who live in squeaky-clean cities. Dirt helps promote anti-inflammation in our bodies. And inflammation in the cells is linked with depression.

"There is now such a huge movement towards people being scared of germs. I understand, but people need to realize there should be moderation there."

"We're overly sanitizing everything so we're losing exposure to bacteria that helps our immune systems. We need to give our bodies a chance to be exposed to harmless, small amounts of bacteria," says Shergill.

Rates of depression in younger people now outnumber rates of depression in older people.

Statistics

Who is more prone?

Stats Depression is more common in women. Major depression can occur in 10 per cent to 25 per cent of women; this is almost twice as many women as men.

Your food dictates mood

Add more probiotics and omega-3s to your diet to boost your chances against depression.

"Nutrition plays a huge role in helping alleviate depression," says Meher Shergill, a dietitian at the Centre for Mental Health and Addiction in Toronto. "It is very, very connected; it is crucial."

Shergill warns that our clean environment is raiding us of the healthy bacteria our immune systems need to fend off swelling in our cells that can lead to disorders like depression.

"Probiotic yogurt is one channel, and another is oral supplements or natural foods fermented with bacteria such as kefirs or cabbage"
MEHER SHERGILL, DIETITIAN

How can you re-introduce healthy bacteria?

"Probiotic yogurt is one channel and another is oral supplements or natural foods fermented with bacteria such as kefirs or cabbage."

She also suggests foods rich in omega-3 fatty acids, such as salmon, herring, sardines, anchovies, shellfish, omega-3-enriched eggs, flaxseed, flax oil, canola oil, and soybeans.

CELIA MILNE

FLICKER: KANKO

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Move this, skip that

Workout trends worth keeping for 2011 Drop the fit fads and put in that fitness work

DAILY SQUEEZE

LARRY TRACK
DAILYSQUEEZE.CA

From Tae Bo to pilates, hot yoga to bikini boot camps, the past decade featured dozens of fitness trends — and then some.

While there are a few I'm happy to see go (celebrity this and that!), some are still worth the sweat for 2011.

What makes these workouts uniquely effective?

For starters, they deliver maximum results in the shortest amount of time. Notice I didn't say 'least effort?' That's because for any change to happen — be it your body weight or muscle mass — you have to force change, and that only comes about by true, dedicated effort.

Whether you want to lose weight, build muscle or simply get a leaner physique, here are the top workouts you'll want to include in 2011 and beyond.

1. Circuit training, group classes, dance fitness, bootcamps, ropes, kettles, etc. All of these workouts go beyond the traditional treadmill or rack of dumbbells; they push you to move your muscles in the most challenging of ways for maximum calorie burn and body-beautiful results.

2. Running (five kilometres, 10 kilometres, half-marathon, marathon). Studies show running is an excellent form of cardio and helps build stronger bones. If you're just starting out, try joining a club. The social camaraderie and instructor-led workshops will have you crossing the finish line without injury.

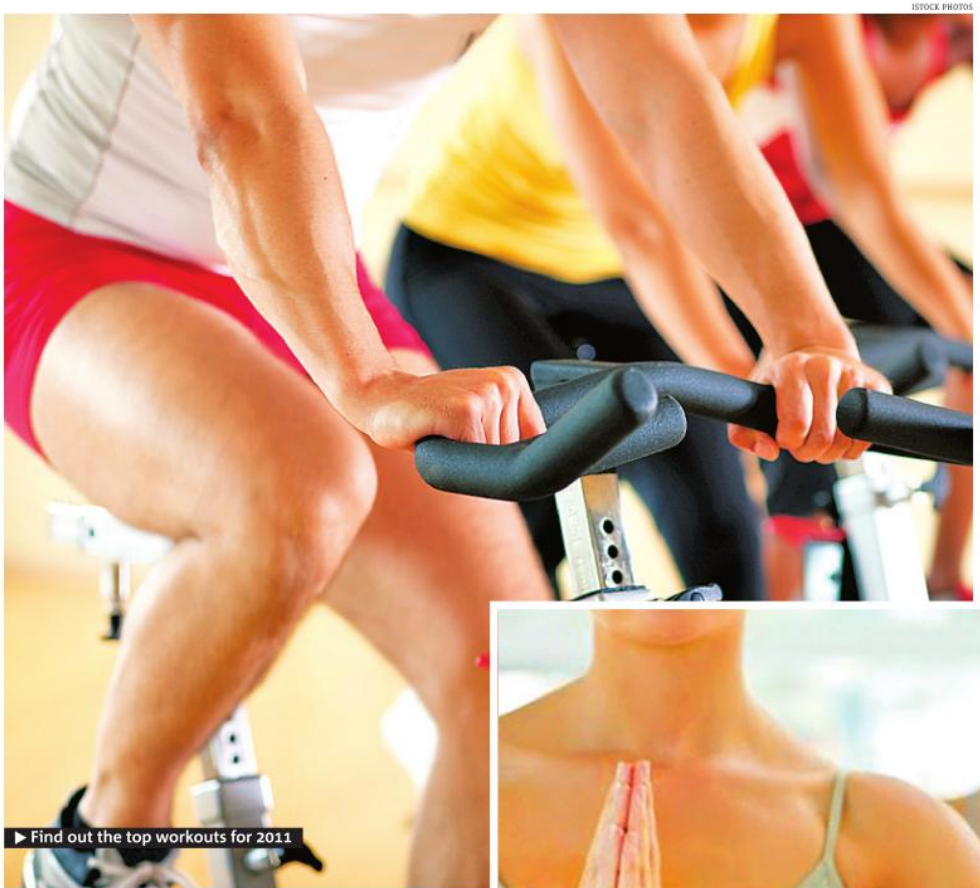
3. Yoga, particularly yoga that focuses on stretching and meditation such as hot yoga. In addition to improving your posture and body mechanics, yoga helps increase focus and concentration, while ridding your body of stored toxins. It's no wonder it's been around for so long. It works!

4. Spinning. For a high-intensity, ultimate calorie, fat-burning workout that's safe on your joints too, spinning is in a class of its own.

Come 2011, look for instructors to challenge riders with new and improved technology to measure heart rate, calories, distance and power for better results.

Remember: What you put into your workouts is what you get in return. Skip the fads and aim for a minimum of 30 minutes of cardiovascular activity every day.

ISTOCK PHOTOS



▶ Find out the top workouts for 2011

Thoughts on... Questions

ADVICE The way to penetrate the heart of a matter or issue is by asking questions. It is the key that unlocks the door to personal freedom and peace.

Questions seem to have the power to uncover what is hidden and bring to light solutions that alter our reality.

Some questions worth asking: What in myself can I not face and where does it show up? For what insecurities am I compensating? What am I avoiding to see, hear and feel?

If any area in your life is causing you angst, then formulating the right question leads to insight and when you have insight you can change anything in your life.

NATASHA DERN IS THE HOST OF THE BUDDHA LOUNGE RADIO SHOW & A REGULAR CONTRIBUTOR TO THE HUFFINGTON POST. AWAKENINGSCANADA.COM

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The party's over

Want to get and stay fit in 2011? Be sure to set goals, challenge yourself, say experts

It's time for the work to begin — and not just at the office.

Those who went overboard indulging in calorie-laden treats during the holidays will likely be looking to shed the pounds. Others may simply want to ease back into their workout routine or have put getting fit atop their to-do list for 2011.

Making physical activity part of your regimen doesn't necessarily mean having to devote endless hours in the gym or pounding the pavement to start seeing results.

At Track Fitness, a Toronto boutique fitness facility, owner Larry Track says walkers, joggers and runners alike, ranging from teenagers to seniors, take part in a 60-minute circuit-training class.

Short, timed blasts of cardio on the treadmill with varying speeds and inclines are incorporated with weights, strengthening and floor work. Everything from squats, pushups and bicep curls to planks and leg crunches were in the mix during a recent morning session.

"Muscle memory will never kick in in this class because it's never the exact same thing twice," said Track.

"It's from head to toe, so you don't just come in here and work upper body one day. It's always a variety of full-body conditioning."

While goal-setting is key, it's important not to set the bar too high, said Rod Macdonald, vice-president of Can-Fit-Pro, the largest provider of education in the Canadian fitness industry.

"The statistic we tend to use in the industry is that about 50 per cent of the people will drop out within the first six months of starting an exercise program," said Macdonald.

"I think the main reason for that is they've either set their goals too high or they haven't set a clear enough goal, or they don't have the support both within the fitness environment or outside in their normal, everyday lives that really will keep them on track."

For example, Macdonald says it's more realistic to set a goal of going to the gym two to three times a week for the first month than to say you'll lose 20 pounds.

THE CANADIAN PRESS

▶ Larry Track, from Track Fitness, says he sees a trend toward harder, shorter workouts.

Getting a good night's sleep

Sleep athlete Nick Littlehales gives Metro tips on how to get a good night's sleep.

1. Plan your nocturnal sleep period around 90 minute cycles to create an internal and external harmony between sleep and wake activities.
2. Choose a consistent wake time and only begin the day's activities at that chosen time.
3. Going to sleep only when you are exhausted or falling asleep away from your bed is a clear sign of poor quality sleep. Don't fight against it.
4. Make sure to integrate regular short breaks during the day, taken in solitude and or outside of your home or work place.

For more info, go to sleepathlete.com.

NEWS CANADA

▶ Your kids will get excited about resolutions if you do.

Kid-friendly resolutions

Tips for getting your child excited about setting goals for the new year

They may be young, but your kids can still share in your favourite New Year's tradition — making healthy resolutions.

The trick is to encourage them to set goals that are age-appropriate, easy to remember, and with realistic timelines.

1) Help your child come up with a few health-oriented goals to achieve each week. For example, "This week I will: try one new healthy food, play a new sport or physical activity, eat one extra serving of vegetables a day..."

2) Have your child write their healthy-living goals down and post them on the fridge. That way your child is reminded to make a healthy choice when he or she reaches for a snack.

3) Think about giving them mini rewards as they work to reach their goals. Treats like a new book or some extra time playing outside will let them know that you're proud of their progress.

NEWS CANADA

ADVERTISEMENT

Canadian "Superfood" Gaining International Attention Creator of UMAC Core™

Still Defying The Odds

UMAC-CORE is a unique product created out of an urgent need. In 2004 Tom Harper was diagnosed with a life threatening illness caused by asbestos exposure and given only months to live. He had been raising shellfish at his Research Sea Farm on Vancouver Island, simultaneously perfecting the only method worldwide of growing wild phytoplankton for use in the Aquaculture industry. Based on the wild plankton's powerful nutritional profile, upon his diagnosis he decided to consume the blend of micronutrients as an energy source he so desperately needed at the time. Every day he ingested the minute ocean plants and every day he felt stronger and experienced less pain. Finally a surgeon performed exploratory surgery. To the doctor's surprise he was inexplicably able to deliver Mr. Harper a clean bill of health.

Six years later, Tom Harper is healthy and, in his words, "feeling totally different. I'm pain free and I'm leading a good, healthy, normal life." Not long after the product was officially launched in Canada and the U.S.A., the University of Utah completed a randomized full double-blind placebo-control pilot study of UMAC-CORE over a 90 day period with human subjects. Doctors who conducted the studies were impressed with the results and concluded that UMAC-CORE really does help enhance the immune system and support mood fluctuations, quality of sleep, and overall emotional well-being.

UMAC-CORE quickly gained far more attention than Harper could have imagined. "People were experiencing really positive shifts in their health," Harper says. "Our success was consumer driven and we weren't quite prepared for the demand. There were times when staff would offer to spend the night at the office so that we could get the product out, and they often did!"

Today UMAC-CORE is available in over 800 health food stores across Canada, in stores all across the United States and overseas in Australia, New Zealand and Spain. Following the interest and countless testimonials from the public, UMAC-CORE has been written about in dozens of newspapers across North America – and the excitement continues to grow.

Tom Harper—Creator of UMAC Core™ Marine Phytoplankton carefully inspects a sample of newly grown wild Phytoplankton at his Sea farm on Vancouver Island, BC

In fact, an independent website www.whyplankton.com offers an opportunity to view the amazing "Another Day" video documentary of Mr. Harper's patent pending discovery.

Kim Iles of Choices 4 Wellness – a Retailer in Chatham Ontario says, "*I recommend UMAC-CORE to everybody – it's one of the top two products in our whole store and that's because people see results! I tell people that if they needed to pick only one thing, then pick UMAC-CORE. It has all the vitamins, minerals and essential fatty acids. It's a complete food and does so many different things in the body that it's probably the most complete supplement to recommend.*"

People are even giving it to their pets with remarkable results. In fact, Kim Iles says it's the results she gets with animals that have convinced her of the product's efficacy. "*It's not a placebo effect when you give it to your pets. We've nursed sick animals back to health with UMAC-CORE. That's how I judge if a product really works – if you can see results with animals – and we do.*"

Mr. Harper's Sea Farm which grows the wild phytoplankton offered in UMAC-CORE is also making a positive impact on the environment. "*I consider it one on the greenest companies in the world. Not only are we able to give back to human beings, we are also giving back to the planet.*"

Unique Sea Farms' only by-product is pure oxygen! Marine Phytoplankton consumes carbon dioxide and releases oxygen back into the atmosphere as it blooms in the one million litre outdoor open tanks.

Also, once the majority of plankton is harvested, the remaining plankton nutrients are returned back to the ocean – 3 to 5 times more than what was originally "borrowed" to commence the bloom cycle; helping to strengthen the base of the ocean's food chain.

Extraordinary benefits have already been discovered with a product that has only been available for 5 years, with new clinical trials presently underway!

UMAC Core is available in Liquid and Capsule formulations.
For information call Hedley Enterprises at 1-888-292-5660 or to locate a Retailer near you go on-line to: www.umaclife.com

www.umaclife.com

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FLICKR LOGANANTILL

Don't eat lunch at your desk

New findings have shown that eating lunch at your desk during office hours could increase the amount of calories consumed throughout the day. The study showed that those that were distracted by their computer screen while they were eating were likely to feel less full than those that concentrated on their food. The result is that people end up snacking more, which in the long run could lead to weight gain. Work related stress also has a negative impact on your diet, because although it can decrease your appetite, stress can make you crave snacks high in fat and sugar. The secret to staying slim? Come lunchtime, go outside and get some fresh air, and try disconnecting from your work and focus on time to refuel. **ROMINA MCGUINNESS**

Quit smoking

RN's can help with ways to stop

Just because you've contemplated giving up smoking doesn't mean you're ready to butt out today, or tomorrow or the even the day after.

Based on years of experience in smoking cessation practices, nurses will tell you that people who take the time to assess their willingness or readiness to quit are the most successful at doing so.

Nurses provide help to patients by engaging in discussion to determine where they might be on the readiness index, based on the "stages of change model."

This type of screening with patients helps nurses to provide the best smoking cessation support.

"The kinds of support a smoker needs will differ for each stage," explains Margie Kvern, a registered nurse associated with the Registered Nurses' Association of Ontario (RNAO)'s National Smoking Cessation Initiative and Program Specialist, Tobacco Reduction with Winnipeg Regional Health Authority in MB. **NEWS CANADA**

TUESDAYS

RICK MERCER REPORT 8pm

InSecurity 8:30pm

PILLARS OF THE EARTH 9pm

ALL-NEW Tonight

CBC

cbc.ca

Happy New Year... hello new you

26.3%
of Metro readers make a new year's resolution every year without fail

16.2% OF METRO READERS STICK TO THEIR NEW YEAR'S RESOLUTION FOR GOOD

FLICKR CC ORANGEACID

60.3%

Me time

Making some time for themselves was high on our readers' list of priorities this year. In a society where we spend so much time interacting with others, the short periods of time when you can focus on nothing other than yourself are the most important.

metro life panel

Metro readers weigh in on their resolutions.

ROMINA McGUINNESS
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

January is the month of new beginnings and many promises (a.k.a. lies) we make to ourselves.

This is the time of year when you swear this cigarette is the last you'll ever smoke, or that you're banning all carbohydrates from your diet. Sticking to your "new" lifestyle isn't always as easy as it seems, or else this year's list wouldn't so closely resemble last year's. Did you resist devouring the entire package of cookies for one month, one week or one day? Did you wake up at 6 a.m. and get straight on the treadmill, or "forget" your gym clothes under your desk?

We asked Metro readers across the world how they dealt with their resolutions...

19.6%

Common New Year's Resolution

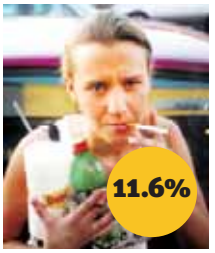
The New Year is the time to start with a clean slate and wipe out all bad habits of the past. Weight loss and ultimately feeling better in your body is the most important resolution for Metro readers.

FLICKR CC JPHILIPG

10.8%

The worse lifestyle habit

Smoking, closely followed by bad eating habits (i.e. junk food), are the two things that we love to hate. We know it's bad bad bad, but who can resist those Marlboro Lights and double cheeseburgers on a bad day.



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JUAN KARITA/ THE ASSOCIATED PRESS

▶ The price of quinoa has increased with popularity.

Quinoa transforms lives

The popularity of the grain is bringing business to Bolivian farmers

It's as inhospitable as climates come for crop cultivation: The dry and rocky soils of Bolivia's semiarid altiplain.

But it's home to quinoa, whose rising popularity among First World foodies — the wholesale price has jumped sevenfold since 2000 as global demand climbed — has been a boon to the poor farmers here in the semiarid highlands.

Quinoa (pronounced KEEN-wah) provides 10 essential amino acids, is loaded with minerals and has a high protein content — between 14 and 18 per cent. The FAO (U.N. Food and Agriculture Organization) says it is so nutritious it can be substituted for mother's milk.

"This food is about the most perfect you can find for human diets," said Duane Johnson, a 61-year-old former Colorado State agronomist who helped introduce it to the United States three decades ago.

Quinoa is being embraced by the increasing number of Americans with food allergies or celiac diseas (gluten intolerance).

In 2000, Bolivia exported 1,439 tonnes valued at $1.8-million (US). In 2009, exports totalled 14,500 tonnes worth more than $25-million (US), mostly to the U.S., Japan and Europe.

The goal for this harvest is 30,000 tonnes, said Bolivia's deputy minister of rural development, Victor Hugo Vasquez.

THE ASSOCIATED PRESS

Penny-pinching wines

PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA
ON TWITTER: @THEREALWINEGUY

Whoever said that life was too short to drink cheap wine obviously never saw my bank balance.

Now, don't get me wrong. I have a never-ending appreciation for expensive booze — and an insider's understanding of why it costs so much — though, on my budget, two bottles of pretty good wine often taste better than one bottle of really good wine.

I bet you think that Jersey Shore's Snooki has a better chance at a Nobel Prize than you do finding a bottle of something that's both drinkable and economically-priced at your local liquor store.

The good news is that that there's lots of great juice out there at 11 bucks and way under — especially from climate-consistent New World countries like Argentina, Chile, South Africa and Australia.

Last week, I predicted the Aussies would rise again in 2011 thanks to their unique geography and over-the-top winemakers.

As true as that is, well-established (and seemingly innocuous) wines from Down Under's humungous conglomerates offer some of the best values you're going to find on shelf.

Lindemans' 2009 Cawarra Shiraz Cabernet ($9.95 - $10.99) is a favourite cheapie thanks to its ripe red berry fruit, jammy mid-section and surprise long lasting flavour.

PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.

A supergrain dish

Ingredients:

- 1 medium sweet potato
- 30 ml (2 tbsp) olive oil
- 341 ml (12 oz) crimini mushrooms, sliced
- 2 cloves garlic, minced
- 45 ml (3 tbsp) fresh thyme leaves, chopped
- 1 large onion, chopped
- 7 ml (1 1/2 tsp) salt, divide
- 2 ml (1/2 tsp) black ground pepper
- 2 boneless, skinless, chicken breasts, cubed
- 250 ml (1 cup) Marsala wine
- 15 ml (1 tbsp) cornstarch
- 125 ml (1/2 cup) heavy cream
- 1-l (4 cups) cooked quinoa
- 2 eggs
- Pinch nutmeg
- 125 ml (1/2 cup) grated Parmesan cheese

Despite quinoa's rise in popularity, most people still are trying to figure out what to do with the grain.

This casserole recipe uses its nutty flavour and grainy texture to contrast the earthy and sweet flavours of a mushroom and Marsala sauce.

Preparation:

1. With a fork, pierce the sweet potato all over (6 mins). Microwave on high until cooked and soft. Set aside to cool. Heat the oven to 375 F.
2. In a large skillet over medium-high, heat the oil. Add the mushrooms, garlic, thyme, onion, 5 ml (1 tsp) of the salt and pepper, then sauté until the mushrooms have released most of their liquid and are beginning to brown and the onion is soft and translucent.
3. Add the chicken and cook until it is browned and almost cooked through, about 8 minutes. In a bowl, mix together the Marsala, cornstarch and the cream. Add to chicken, then bring to a simmer. Cook for 2 minutes.
4. Arrange the chicken and vegetables in a layer over the bottom of 2-litre casserole dish. Set aside.
5. Peel the sweet potato, discarding the peel. Smash the sweet potato and mix in the quinoa, the remaining 2 ml (1/2 tsp) of salt, and the eggs and nutmeg. Spread this mixture over the top of the chicken and mushroom mixture. Sprinkle with Parmesan cheese and bake for 20 to 25 minutes.

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Tackle your taxes

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Good news for procrastinators! This year you have two extra days to file your tax return – until May 2nd at midnight, to be exact. But I'm prodding you into action early so you have ample time to organize your documents and maximize your deductions.

To help prepare you for the big tax filing event, H&R Block Canada's tax advisory service has addressed some of the most common concerns among 2,000 online questions from 2010.

Missing slips Employers must file T4s with the Canada Revenue Agency. If yours doesn't turn up and the employer isn't helpful, call the CRA for a copy. Don't delay until mid-April, or you'll be waiting in long telephone queues and the slip might not arrive by the deadline.

Self-employed deduction It's all about one word – reasonable. Don't try to write off 50 per cent of your mortgage interest if your home office is in a 10-by-10 corner of the basement.

Office parking It's a no-go as a deduction for most employees. There are some exceptions so make a call to the CRA to determine if you are among them.

Common-law status After 12 continuous months of living together you're a couple, according to the CRA. Do state your status correctly as benefits and some tax credits are determined based on household income. The CRA could ask for re-payment if you fudge the facts.

Inheritances: There is no inheritance tax in Canada but if you received stocks, mutual funds or other investments in the settlement of an estate you might have capital gains or losses. Investments are deemed to have been sold on the date of death.

97%

The number of taxpayers who assessed a late filing penalty in 2010.

Interest rates/ Savings accounts

BANK	RATE
BMO	1.35%
CIBC	0.70%
HSBC	1.00%
ING	1.50%
PCF	1.50%
RBC	1.25%
SCOTIA	1.35%
TD	1.25%
ALLY	2.00%

CHECK BANK WEB SITES AS SOME RATES REQUIRE MINIMUM ACCOUNT BALANCE

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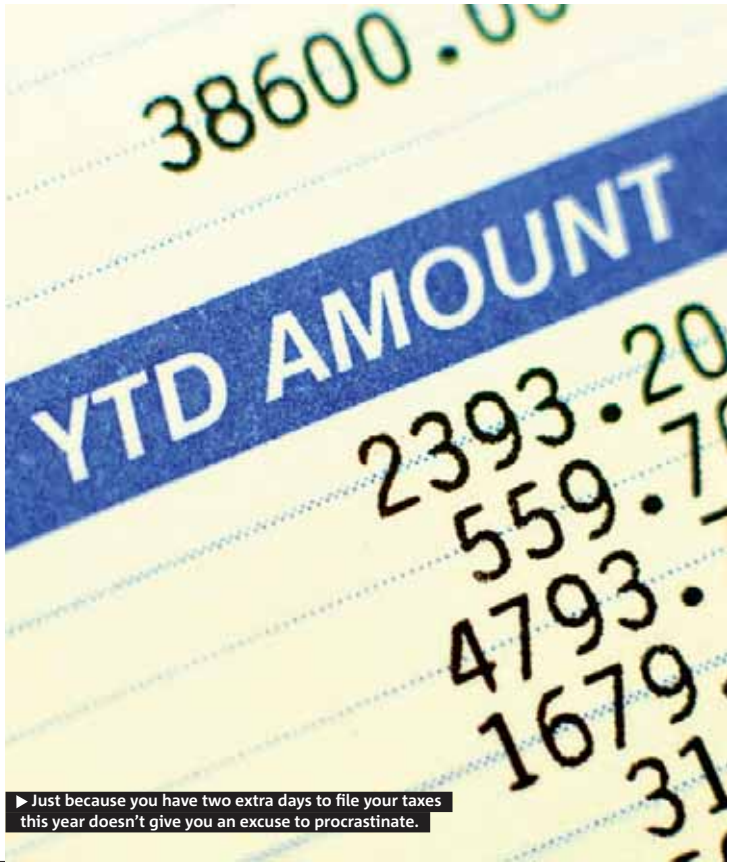

▶ Just because you have two extra days to file your taxes this year doesn't give you an excuse to procrastinate.

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- Software proficiency in: QuarkXPress, Creative Suite (InDesign, Acrobat/Distiller, Photoshop, Illustrator) and Microsoft Office
- Ability to prepare files for pre-press production
- Professional, personable, approachable with great communication skills (both verbal and written)
- Ability to thrive in a deadline driven environment with strong attention to detail (typography, grammar, layout, images, colour etc)
- Good knowledge of typography for both online and print
- Familiar with PDF technology, retrieving and sending files
- Post secondary degree or diploma in Graphic Design

Application deadline is Thursday, Jan. 13, 2011. Please submit your cover letter, resume and portfolio samples to hr@metronews.ca. PLEASE QUOTE: "Graphic Designer - Vancouver" in the subject line. All submissions will be treated as confidential.

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Defensive. Struggle

▶ Lavasier Tuinei of the Oregon Ducks is stopped short of a touchdown against the Auburn Tigers during the BCS National Championship Game at University of Phoenix Stadium last night in Glendale, Arizona.

KEVIN C. COX/GETTY IMAGES

Oregon comes up short against Auburn in BCS title game

Wes Byrum kicked a 19-yard field goal on the game's final play as top-ranked Auburn beat No. 2 Oregon 22-19 to win the BCS national championship last night. Oregon had tied it 19-19 with 2:33 left when Darron Thomas connected with Jeff Maehl on a tying two-point conversion after LaMichael James scored on a shovel pass.
Heisman Trophy winner Cam Newton and Auburn came right back with a 73-yard drive as freshman Michael Dyer made the key plays. Its is Auburn's first national since 1957. THE ASSOCIATED PRESS

NHL draft 2011: How Swede it is

A year after being shut out of the first round, Swedes are now making a splash in NHL's rankings ◐ The final rankings will be released in April and the draft will be held June 24-25

The 2011 NHL draft is shaping up to be a big one for the Swedes.

Two Swedish-born players figured prominently in mid-season rankings released by the NHL's central scouting bureau yesterday — Kitchener Rangers forward Gabriel Landeskog was listed as the top North American-based skater while Skelleftea AIK defenceman Adam Larsson was the top-ranked European.

One of the two players could become the first Swede to be selected with the No. 1 pick since the Quebec Nordiques took Mats Sundin in 1989.

It's a change from last year when there wasn't a single Swede selected in the first round in Los Angeles.

"There's no conspiracy here, it's just cyclical," E.J. McGuire, the NHL's vice-president of central scouting, said in an interview. "It just so happens that it might be a wave or a bump. Maybe there was a blackout in 1991 or something that caused a lot of Swedish hockey babies to be born."

The country has produced 20 first-round picks over the past 10 years — seven of which were taken in 2009, when Tampa's Victor Hedman (No. 2), Phoenix's Oliver Ekman-Larsson (No. 6) and Edmonton's Magnus Paajarvi (No. 10) led the way.

"This is a pretty even pack. And it's spread around."
E.J. MCGUIRE, NHL

Landeskog has travelled a different path than most of his countrymen. After playing a couple games in the Swedish Elite League at the age of 16, he came to North America a year ago and was named captain of the Rangers this season — becoming just the second European ever to wear a C in the Ontario Hockey League.

The move has allowed more scouts to watch him play.

"It's helped his visibility," said McGuire.

The 18-year-old leads Kitchener with 25 goals and 45 points in 32 games.
THE CANADIAN PRESS

Melo plays down possible Nets deal

Carmelo Anthony doesn't think a trade to New Jersey is imminent and he expressed remorse yesterday that teammate Chauncey Billups's name has been dragged into this drama.

A day after reports the Nets were closing in on a deal for the Denver Nuggets' all-star forward, Anthony said he doesn't see himself heading to New Jersey any time soon.

"That's my feeling. I don't think so. I don't want to elaborate on that anymore," Anthony said following practice.
THE ASSOCIATED PRESS

Sedin gets NHL's first star honour

Vancouver Canucks winger Daniel Sedin was named the NHL's first star of the week yesterday after putting up five goals and seven points in four games. It's the first time all season he's received a weekly honour. THE CANADIAN PRESS

Messi honoured as best in the world

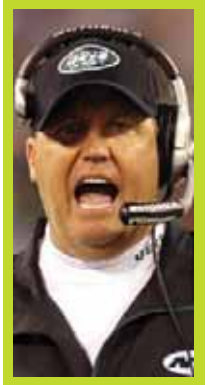
Lionel Messi's mesmerizing performances for Barcelona outweighed a disappointing World Cup, ensuring the Argentina forward was named the world's best player of 2010.

Messi won the FIFA award for a second straight year, finishing ahead of Barcelona teammates Andres Iniesta and Xavi Hernandez.

"It's a very special day for me," Messi said through a translator on receiving the award at a gala ceremony in FIFA's home city.
THE ASSOCIATED PRESS

4 sports

Quoted



"This is about Bill Belichick vs. Rex Ryan. There's no question. It's personal. It's about him against myself, and that's what it's going to come down to"
JETS COACH REX RYAN, ON THIS WEEK'S AFC PLAYOFF GAME

"I might have a little quickness on him. He's probably got a little more strength and power on me. So I don't think you'll see either one of us out there making any blocks or tackles or runs or throws or catches."
PATRIOTS COACH BILL BELICHICK

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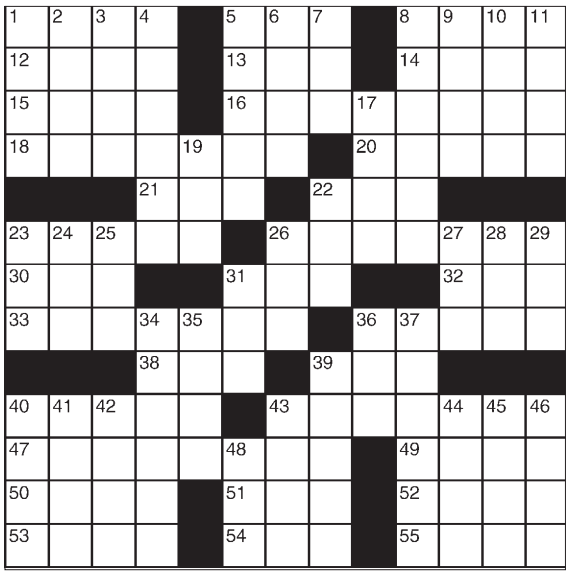
Crossword



Across
1 Shoe bottom
5 A billion years
8 Apothecary measure
12 Barber's concern
13 Biz deg.
14 Latvia's capital
15 Stretches (out)
16 Energized
18 TV oldie about the Carringtons
20 Relaxes
21 Your, biblically
22 Jewel
23 Astound
26 Camping item for two
30 D.C. VIP
31 Purchase
32 Fish eggs
33 Movie snack
36 Swear-word
38 Actress Longoria
39 Fellow
40 All-wise one
43 One whose logic is faulty
47 "Hush!"
49 Margarine
50 Admitting customers
51 Cistern
52 Light melody
53 Libretto
54 Nay undoer
55 Eli's alma mater

Down
1 Lean-to
2 Reminiscent of wood, as some wines
3 Home security system?
4 Bad substitute
5 Devoid of content
6 Do as you're told
7 Siesta
8 Saw things in the dark?
9 Disencumbers
10 Chills and fever
11 Navigator's stack
17 Chick's call
19 That woman
22 Bloke
23 iPhone download
24 Cattle call?
25 Matterhorn, e.g.
26 Play on words
27 Mess up
28 Ph. bk. data
29 Ball prop
31 Lingerie item
34 Solidify
35 "Metamorphoses" poet
36 Upper limit
37 Evil
39 Three-card scam
40 Dalmatian's name, often
41 Use a towel
42 Pinnacle
43 Vacillate
44 Pelvic bones
45 Opposite of 31-Across
46 Carry
48 Eventual aves

▶ Monday's answer

A	M	I	R		R	A	P		L	A	V	E		
S	A	R	I		E	G	O		A	C	I	D		
P	L	O	P		C	O	L	D	C	A	S	E		
S	E	N	S	E	I		L	O	U	D	E	R		
			A	T	T	U		E	N	E				
S	H	O	W	C	A	S	E		A	M	M	O		
P	A	D		S	L	E	D	S		I	A	N		
A	L	I	T		S	U	I	T	C	A	S	E		
		O	A	R		P	F	U	I					
O	P	U	S	E	S		I	N	C	O	M	E		
T	E	S	T	C	A	S	E		A	V	O	W		
I	S	L	E		M	A	R		D	E	L	E		
S	O	Y	S		E	D	S		A	N	T	S		

Sudoku

	9		8		4		5	
			3		2			
3		8				7		2
		3	4		7	1		
7								8
		6	9		8	4		
1		9				5		6
			6		9			
	7		5		1		9	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Monday's answer ▶

8	7	1	9	6	3	4	2	5
4	6	3	7	2	5	9	8	1
2	5	9	4	8	1	3	6	7
3	4	7	2	1	6	8	5	9
5	1	2	8	4	9	6	7	3
6	9	8	5	3	7	2	1	4
1	8	5	6	9	4	7	3	2
7	2	4	3	5	8	1	9	6
9	3	6	1	7	2	5	4	8

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

E.B. .... HAPPY BIRTHDAY XOXOXO... thanks for being the greatest wife and the bestest mom in the whole wide world. Love you tons sweetheart. **K.C. X2**

Dear Mom,
Happy 60th birthday! You are such a wonderful person and definitely the best mother a girl could ask for! I love you so much and hope you have a wonderful day! **XOXO TAMMY**

Echo, I love having you back in Llanview, with BIG kisses, **YOUR DISAVOY**

Dear David I love you! om-nom-nom-nom!! **LOVE, DEBBIE**

Shannon, I wanna feel your love. Right from the bottom of your heart to your hands. Thank you for being so accepting, caring and loving. Je t'aime beaucoup. Happy 6-month anniversary!! **LARRY XOXOX**

Today 1°/0° Flurries 40%
Wednesday 6°/4° Rain 90%
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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 It's okay to go off on your own and do your own thing, but don't do it too much or others might start getting a bit suspicious. You don't want them thinking you're up to no good. That's just not true – is it?

♉ Taurus April 21-May 21 Taurus may be one of the zodiac's "fixed" signs but you know how to be flexible when the situation calls for it. It is better to bend in the breeze than get blown away. You'll bend, but you won't break.

♊ Gemini May 22-June 21 Let someone know that whatever bad blood there may have been between you in the past, it is over and done with and there are no hard feelings.

♋ Cancer June 22-July 22 You are sensitive by nature but you are also good at putting up the emotional shutters. That's what you have to do over the next 24 hours. Ignore others' comments. They're not worth worrying about.

♌ Leo July 23-Aug.23 Make things easy today by allowing other people to make decisions for you. Part of the art of leadership is delegation. You don't have to dot every "i" and cross every "t" yourself.

♍ Virgo Aug. 24- Sept. 22 Not everyone shares your passion for certain issues, so don't go around trying to convert those who are simply not that interested. It takes all sorts of people to make our world.

♎ Libra Sept. 23-Oct. 23 If you find it hard to get started on your work schedule, there is no point pushing yourself. Is what you have to do really so urgent that it must be done immediately? If not, postpone it until you feel motivated.

♏ Scorpio Oct. 24-Nov. 22 If someone cheats you today and it costs you money, there's probably not much you can do about it. Put it down to experience and swear that next time you won't be so gullible.

♐ Sagittarius Nov. 23-Dec. 21 How do you know that a friend's cry for help is genuine and not a ploy to get sympathy they probably don't deserve? The answer is: You don't. Help them out anyway.

♑ Capricorn Dec. 22-Jan. 20 No one will try to stop you if you decide to get away for a few hours today, but before you head out the door make sure you have completed what you promised to do.

♒ Aquarius Jan. 21-Feb. 18 It's not like you to let fear hold you back, but for some reason you are reluctant to take the kind of risk you usually don't think twice about. Maybe it's your sixth sense trying to warn you. Tread lightly.

♓ Pisces Feb. 19-March 20 Let others know how much you appreciate their efforts, and let them know how much their support means to you. You can never say "thank you" often enough. ● SALLY BROMPTON

Caption contest

AJIT SOLANKI/THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in Tuesday's Metro.

MARK BAKER/ THE ASSOCIATED PRESS

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Meliá Varadero ★★★★

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Standard rm.
Jan. 14 & 21 • 1 wk.

PRIVILEGES
$989
+Taxes & other fees: $149

DOMINICAN REPUBLIC

Punta Cana via Toronto

Occidental Grand Punta Cana ★★★★

All-Inclusive • Junior suite
Jan. 25 • 1 wk.

$1429
+Taxes & other fees: $173

Gran Bahia Principe Punta Cana ★★★★½

All-Inclusive • Junior suite
Jan. 25 • 1 wk.

PRIVILEGES
$1549
+Taxes & other fees: $173

MEXICO

Los Cabos

Hola Grand Faro Los Cabos Luxury All Inclusive Resort ★★★★

All-Inclusive
Deluxe partial oceanview rm.
Jan. 23 & 30 • 1 wk.

$899
+Taxes & other fees: $250

Puerto Vallarta/ Riviera Nayarit

Meliá Puerto Vallarta ★★★★

All-Inclusive
Deluxe garden view rm.
Feb. 5 & 12 • 1 wk.

PRIVILEGES
$1239
+Taxes & other fees: $118

Cancun/Riviera Maya

Grand Sirenis Riviera Maya Resort & Spa ★★★★½

All-Inclusive • Junior suite
Feb. 26 • 1 wk.

$1259
+Taxes & other fees: $239

Occidental Grand Xcaret ★★★★½

All-Inclusive • Deluxe rm.
Feb. 26 • 1 wk.

$1339
+Taxes & other fees: $239

MEXICO

Ixtapa/Zihuatanejo

Krystal Ixtapa ★★★★

All-Inclusive
Deluxe rm.
Feb. 5 - 26 • 1 wk.

$1099
+Taxes & other fees: $248

JAMAICA

Sunset Jamaica Grande Resort & Spa ★★★★½

All-Inclusive
Traditional standard rm.
Jan. 14, 21 & 28 • 1 wk.

PRIVILEGES
$849
+Taxes & other fees: $92

Gran Bahia Principe Jamaica ★★★★½

All-Inclusive • Junior suite
Jan. 21 & 28 • 1 wk.

PRIVILEGES
$1099
+Taxes & other fees: $92

Grand Palladium Jamaica Resort & Spa ★★★★½

All-Inclusive
Super saver junior suite
Jan. 21 & 28 • 1 wk.

$1069
+Taxes & other fees: $92

USA

Las Vegas

Imperial Palace Hotel & Casino ★★★

Deluxe rm. – Save 30%
Feb. 1 & 2 • 3 nts.

$339
+Taxes & other fees: $107

San Francisco

Hotel Whitcomb ★★★

Double guest rm.
Feb. 15, 22 & 23 • 3 nts.

$549
+Taxes & other fees: $115

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Feb. 26 • 1 wk.

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